



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Kowalzik, Reiner

□□: Free Runner Gladbeck

□□: 1765

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M45

□□□: 9:16:45

□□: 7.22 km/h

□□□□: 8:19 min/km

□□□□□/□□□: 106 (of 118)

□□□□□/□: 87 (of 95)

□□□□□□: 4:51:45

□□□□□: 21(of 24)

□□□□□□□: 5:13:39

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:27:14 | 7:33 | 19 | 57:30 | 84 | 1:00:57 | 19.50 | 2:27:14 | 7:33 | 4 | 30:44 | 31 | 26:31 |
| Kühude | 20.50 | 2:46:56 | 8:08 | 21 | 1:16:00 | 88 | 1:19:06 | 40.00 | 5:14:10 | 7:51 | 4 | 1:17:36 | 31 | 1:09:46 |
| Nasse Wiese | 20.50 | 3:12:46 | 9:24 | 22 | 3:12:46 | 89 | 3:12:46 | 60.50 | 8:26:56 | 8:22 | 4 | 2:01:01 | 30 | 1:40:58 |
| □□ | 6.50 | 49:49 | 7:39 | 21 | 23:08 | 82 | 24:41 | 67.00 | 9:16:45 | 8:18 | 21 | 4:03:06 | 87 | 4:25:00 |